

| Variable | Mean | SD | Min | Max |
|---------------------------------|------|------|------|------|
| Age | 34.5 | 10.5 | 20 | 55 |
| Gender | 0.5 | 0.5 | 0 | 1 |
| Marital status | 0.5 | 0.5 | 0 | 1 |
| Education | 12.5 | 1.5 | 10 | 15 |
| Income | 1500 | 500 | 1000 | 2500 |
| Health status | 0.5 | 0.5 | 0 | 1 |
| Smoking status | 0.5 | 0.5 | 0 | 1 |
| Alcohol consumption | 0.5 | 0.5 | 0 | 1 |
| Exercise frequency | 0.5 | 0.5 | 0 | 1 |
| Stress level | 0.5 | 0.5 | 0 | 1 |
| Sleep quality | 0.5 | 0.5 | 0 | 1 |
| Work satisfaction | 0.5 | 0.5 | 0 | 1 |
| Life satisfaction | 0.5 | 0.5 | 0 | 1 |
| Depression score | 10 | 10 | 0 | 50 |
| Anxiety score | 10 | 10 | 0 | 50 |
| Resilience score | 30 | 10 | 0 | 50 |
| Optimism score | 30 | 10 | 0 | 50 |
| Gratitude score | 30 | 10 | 0 | 50 |
| Forgiveness score | 30 | 10 | 0 | 50 |
| Compassion score | 30 | 10 | 0 | 50 |
| Kindness score | 30 | 10 | 0 | 50 |
| Patience score | 30 | 10 | 0 | 50 |
| Self-control score | 30 | 10 | 0 | 50 |
| Emotional stability score | 30 | 10 | 0 | 50 |
| Psychological well-being score | 30 | 10 | 0 | 50 |
| Overall life satisfaction score | 30 | 10 | 0 | 50 |

1999-2000 2000-2001 2001-2002